

Abstract

Title: Jogging like a tool for influencing of fitness and body mass in men

Objectives: The main objective of this work is to propose two exercise programs. The first one focuses on the application of jogging as a means of weight reduction in overweight people. The second one aims to increase the fitness of healthy individual. At the same time the aim is to map an available information from native and foreign literature on physical activity like jogging, which can have a positive effect on individual fitness, as well as applicable method for weight reduction.

Methods: The method used was to research the available literature and internet sources. Publications, which deal with jogging, health related fitness and weight reduction, were analyzed.

Results: Results of this work confirmed that that physical activity in the form of jogging has a significant positive effect on the formation and maintenance of physical and mental fitness as well as applicable method for weight reduction.

Keywords: jogging, health-related fitness, weight reduction